

How to Learn Anything - *Fast!*

learn a Skill, be fun and exciting

Dr ericcsion's idea - 10,000 hours rule - required to master
deliberate systematic practicing to master

it's not true that one requires 10,000 hours

A skill from nothing to good takes about 20 hours
40 minutes a day for a month

This method has 5 steps

1. Decide exactly what u want - be clear about it
2. Break apart the skill into its smaller parts
practice as individual skill
3. Self Correct: Pick 3-5 resources - identify the ideas coming again and again
4. Get on with the practice - avoid distractions
5. Make it easier to approach the skill by removing delay to access
like unpacking a guitar, when u can have it near u

Commit on 20 hours or don't start!
early hours are frustrating;
beginning is boring, go through it;
Pre Commit that you'd do 20 hours of effort.

Learning a Skill is:

A Focused Strategic Effort invested in something u care about,
Something which is going to be rewarding to u in your life

- The process of learning is not difficult

three phases of learning

1. cognitive - really thinking about it
2. Interrelating - starting to do on your own
3. automatic

